






SLT - AVOCADO, BANANA AND CASHEW TOAST

A very easy toast topping that's nutritious and easy to make. A powerhouse meal! Avocado provides heart-healthy fats & vitamins, bananas offer quick energy & potassium, while cashews pack protein & minerals. Balanced and delicious!

 5 minutes
 10 minutes
 1 portion

INGREDIENTS

- 20 units of cashew nuts, kernel only, plain (20 g)
- 1 medium slice of bread, wholemeal, average (36 g)
- 1 half of avocado, average, flesh only (75 g)
- 1 small unit of bananas, flesh only (80 g)
- 1 teaspoon of butter, unsalted (5 g)

COOKING METHOD

- 1° Put the nuts in a sealable bag and crush them with a rolling pin.
- 2° Toast the bread.
- 3° Remove the stone and skin from the avocado, then peel the banana. Place both in a bowl.
- 4° Using the back of a fork, mash the banana and avocado together into a mush, then stir in the nuts, reserving a few to sprinkle on top.
- 5° Butter the toast then spread the mixture over the toast and sprinkle with a few nuts. Or slice the toast into fingers and dip the slices like soldiers.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (110 g)	% DRI
ENERGY	222 kcal	244 kcal	12 %
PROTEIN	5 g	5 g	11 %
CARBOHYDRATE	16 g	18 g	7 %
SUGARS	6 g	7 g	8 %
FAT	16 g	17 g	25 %
FATTY ACIDS, TOTAL SATURATED	4 g	5 g	23 %
FIBER	2 g	2 g	8 %
SODIUM	81 mg	90 mg	4 %